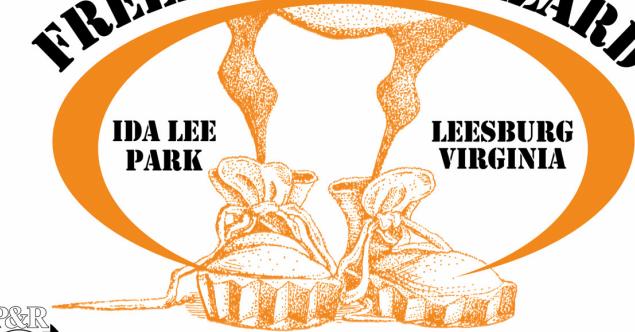


4TH ANNUAL FREEZE YOUR GIZZARD



00:00:00
CHAMPION CHIP®
RACE!

Male and Female 1st,
2nd & 3rd place
finishers receive
Thanksgiving themed
prizes.



5K CROSS COUNTRY RACE
NOVEMBER 18TH, 2006



Race Time: 9:00 am

Race coordinated by Department of Parks in Recreation in partnership with Loudoun Interfaith Relief.

5K Race (\$20 pre-register fee, \$25 day of fee)

plus 2 cans of food to be brought the day of the event which will be donated to
Loudoun Interfaith Relief

Each 5k Participant will receive a long sleeve race t-shirt while supplies last.

Age Divisions: 11-18, 19-29, 30-49, 50+

1 Mile Fun Race (\$10 pre-register fee, \$15 day of fee)

plus 2 cans of food to be brought the day of the event which will be donated to
Loudoun Interfaith Relief

Each 1 mile Participant will receive a finishers medal and finishers are included in a 10 turkey raffle.

*** Please, no dogs or baby joggers in race.**

Town of Leesburg
Parks & Recreation
Department

Phone: 703-777-1368
Fax: 703-737-7165
Web: www.idalee.org

Mail or Fax form to:
Freeze Your Gizzard
13710 Ashby Road
Rockville, MD 20853
Fax: 301-871-0006
On-Line Registration
www.runwashington.com

Race Categories:
5K Top 3 Male and Female
1 Mile Fun Run

Name

Address

City State

Zip Date of Birth Age

Sex: Male Female Event: 5K (229500-a) 1 Mile (229520-a)

E-mail

Please circle your method:

Credit Card: Visa/ MasterCard / Discover Cash Check:#
 Exp. Date:

T-Shirt Size: Adult Small Adult Medium Adult Large Adult X-Large

Champion Chip Owners: Chip#

LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING OR FAXING:

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Freeze Your Gizzard Run, Town of Leesburg, Loudoun Interfaith Relief, Capital Running Company, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature: _____ Date: _____
(parent or guardian if under 18)